What is claimed is:

- 1. A method for creating and maintaining a user profile database and a related value rating database for a plurality of information sources comprising the steps of:
 - a) receiving fixed information for each of a plurality of users;
- b) initializing profiles for each of said users in said user profile database with said fixed information;
- c) monitoring a user and receiving monitored information relating to said user;
- d) determining if said monitored information relates to a particular information source and, if so, determine a value rating for said particular information source in accordance with said monitored information;
- e) creating an updated profile for said user in said profile database in accordance with said monitored information; and
- f) if a value rating is determined, associating said value rating with said updated user profile and recording said value rating in said related value rating database.
- 2. A method as described in claim 1 where said updated profile includes information selected from said monitored information and used to determine said value rating.
- 3. A method as described in claim 1 where said updated profile includes said value rating.
- 4. A method as described in claim 1 where said updated profile includes search queries said user has submitted to an information source.
- 5. A method as described in claim 1 where said updated profile includes said user's interaction history with regard to an information source.

- 6. A method as described in claim 1 where said fixed information includes answers to survey questions.
- 7. A method as described in claim 1 where said databases are created and maintained by a trusted third party system.
- 8. A method as described in claim 1 where said value rating is multi-valued.
- 9. A method as described in claim 1 where said monitoring step is selectively enabled by said user.
- 10. A method as described in claim 1 where said monitoring step is carried out by directly monitoring interactions between a network and a user controlled system for accessing information sources through said network.
- 11. A method as described in claim 1 where earlier user profiles and their associated value ratings are retained after updating.
- 12. A method for generating a list of information sources having a high estimated value to a user comprising the steps of:
 - a) receiving fixed information for each of a plurality of users;
- b) initializing profiles for each of said users in said user profile database with said fixed information;
 - c) receiving monitored information relating to activities of a user;
- d) determining if said monitored information relates to a particular information source and, if so, determine a value rating associated with said user for said particular information source in accordance with said monitored information;
- e) creating an updated profile for said user in said profile database in accordance with said monitored information;

- f) if a value rating is determined, associating said value rating with said updated user profile and recording said value rating in said related value rating database; and
 - g) determining if said list is to be generated; and if so
- g1) calculating an estimated value to said user of an information source as a function of said user's profile, profiles for others of said users, and value ratings for said information source associated with said other users profiles;
- g2) repeating step g1 until estimated values have been calculated for all of said information sources;
- g3) selecting and outputting to said user, or saving for later output, information sources having relatively higher estimated values.
- 13. A method as described in claim 12 where said estimated value is calculated as:

$$E_{i,n} = \sum_{x} (S_{x,n} \cdot V_{i,x}) / X$$

where;

- a) $E_{i,n}$ is the estimated value to user n of information source i in accordance with the values and interests of user n as indicated by user n's current updated profile P_n ;
- b) coefficients $S_{x,n}$ are a measure of similarity between a profile P_x of another user x and said profile P_n ;
- c) $V_{i,x}$ is a value rating for said information source i associated with said profile P_{x} ;
 - d) \sum_x indicates summation over all profiles P_x for which $V_{i,x}$ is defined; and
 - e) X is the total number of profiles P_{x} .
- 14. A method as described in claim 13 where, as data is accumulated in said databases, statistical methods are used to adjust said coefficients $S_{x,n}$.

15. A method as described in claim 12 where said estimated value is calculated as:

$$E_{i,n} = \sum_{k} C_{i,k} \cdot Z_{k,n}$$

where;

- a) $E_{i,n}$ is an estimated value to user n of information source i in accordance with the values and interests of said user n as indicated by said user n's profile P_{n} ;
- b) C_{i,k} are coefficients generated using linear regression methods and relating said information source i to kth variables in profiles;
 - c) $Z_{k,n}$ is the value of said kth variable in said profile P_n ; and
 - d) \sum_{k} indicates summation over all values of k.
- 16. A method as described in claim 15 where, as data is accumulated in said databases, linear regression methods are used to adjust said coefficients C_{i,k}.
- 17. A method as described in claim 12 where said estimated value is calculated by:
 - a) generating a neural network associated with information source i;
 - b) training said network using values $Z_{k,x}$ and $V_{i,x}$, from profiles in a set{P_x}of profiles for other users x, and for which values $V_{i,x}$ are defined;
 - c) determining $E_{i,n}$ by applying $Z_{k,n}$ to said network; where
- d) $E_{i,n}$ is an estimated value to user n of information source i in accordance with the values and interests of said user n as indicated by said user n's profile P_n ;
 - e) Z_{k,n} is the value of said kth variable in said profile P_n; and
- c) $V_{i,x}$ is a value rating for said information source i associated with a profile in said set $\{P_x\}$.
- 18. A method as described in claim 17 where, as data is accumulated in said databases, said network is further trained.

- !9. A method as described in claim 12 where said calculating step is carried out using said user's current, updated profile P_n^+ .
- 20. A method as described in claim 12 where said information source is contact with another user.
- 21. A method as described in claim 20 where said estimated value is calculated as:

$$EFC_{n,x} = 1/\sum_{k} (W_{n,k}(Z_{k,x} - Z_{k,n})^2)$$

where:

- a) $\mathsf{EFC}_{n,x}$ is an estimate of the likely fruitfulness of contact with other user x by user n;
 - b) W_{n,k} are coefficients provided by said user n;
 - c) $Z_{k,n}$ is the value of a kth variable in said user n's profile P_{n} ;
 - d) $Z_{k,x}$ is the value of a kth variable in said other user x's profile $P_{x;}$ and
 - e) \sum_{k} indicates summation over all values of k.
- 22. A method as described in claim 21 where said other user x can select either a private or a public status and will only be included in said list if he or she selects said public status.
- 23. A system comprising:
 - a) a server;
 - b) a profile database;
 - c) a related value rating database;
- d) said server communicating with a profile database and a related value rating database;
- e) said server also communicating with a plurality of monitors for monitoring a corresponding plurality of users;
 - f) said server being programmed to:

- f1) receive fixed information for each of a plurality of users;
- f2) initialize profiles for each of said users in said user profile database with said fixed information;
- f3) monitor a user and receive monitored information relating to said user;
- f4) determine if said monitored information relates to a particular information source and, if so, determine a value rating for said particular information source in accordance with said monitored information;
- f5) create an updated profile for said user in said profile database in accordance with said monitored information; and
- f6) if a value rating is determined, associate said value rating with said updated user profile and record said value rating in said related value rating database.

24. A system comprising:

- a) a server;
- b) a profile database;
- c) a value rating database;
- d) said server communicating with a profile database and a value rating database;
- e) said server also communicating with a plurality of monitors for monitoring a corresponding plurality of users:
 - f) said server being programmed to:
 - f1) receive fixed information for each of a plurality of users;
- f2) initialize profiles for each of said users in said user profile database with said fixed information;
- f3) monitor a user and receive monitored information relating to said user;
- f4) determine if said monitored information relates to a particular information source and, if so, determine a value rating for said particular information source in accordance with said monitored information;

- f5) create an updated profile for said user in said profile database in accordance with said monitored information;
- f6) if a value rating is determined, associate said value rating with said updated user profile and record said value rating in said related value rating database; and
- f7) determine if said list is to be generated; and if so
 f7A) calculate an estimated value to said user of an
 information source as a function of said user's profile, profiles for others of said
 users, and value ratings for said information source associated with said other
 users profiles;
- f7B) repeat step f7A until estimated values have been calculated for all of said information sources; and
- f7C) select and output to said user, or save for later output, information sources having relatively higher estimated values.
- 25. A computer readable medium for providing instructions to a server, said instructions controlling said server to:
 - a) receive fixed information for each of a plurality of users;
- b) initialize profiles for each of said users in said user profile database with said fixed information;
- c) monitor a user and receive monitored information relating to said user;
- d) determine if said monitored information relates to a particular information source and, if so, determine a value rating for said particular information source in accordance with said monitored information;
- e) create an updated profile for said user in said profile database in accordance with said monitored information; and
- f) if a value rating is determined, associate said value rating with said updated user profile and record said value rating in said related value rating database.

- 26. A computer readable medium for providing instructions to a server, said instructions controlling said server to:
 - a) receive fixed information for each of a plurality of users:
- b) initialize profiles for each of said users in said user profile database with said fixed information;
- c) monitor a user and receive monitored information relating to said user;
- d) determine if said monitored information relates to a particular information source and, if so, determine a value rating for said particular information source in accordance with said monitored information:
- e) create an updated profile for said user in said profile database in accordance with said monitored information;
- f) if a value rating is determined, associate said value rating with said updated user profile and record said value rating in said related value rating database; and
 - g) determine if said list is to be generated; and if so
- g1) calculate an estimated value to said user of an information source as a function of said user's profile, profiles for others of said users, and value ratings for said information source associated with said other users profiles;
- g2) repeat step g1 until estimated values have been calculated for all of said information sources; and
- g3) select and output to said user, or save for later output, information sources having relatively higher estimated values.